

WELCOME !

Parent Wellbeing Bulletin September 2022

For information about school refusal please see page 3.

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Purpose of a Parent Bulletin:

To provide our Wantirna College parent/carer community with a platform to share what's going on in the broader community, offer parenting advice and ideas from various organisations and give you the opportunity to tell us what topics you would like included in the bulletin.

It's our way of connecting with you!



Parent Wellbeing Bulletin

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Student Wellbeing Team:

Guiseppa Relia

Student Wellbeing Coordinator

Sanela Avdic

Social Worker

Lea Marrison

Mental Health Practitioner

Tajinder Wulff

Mental Health Practitioner

Kylie Rackham

Inclusion and Individual Needs Coordinator

**Clare Jones, Ky Laurito, Ling Ma, Wayne Marsh, Deanna Poon,
Fiona Tan, Corina Tay, Merrill Tunstall**

Inclusion Aides

Eva Gray, Melissa Wade

School Nurses

Headspace

Knox

- 2 Capital City Boulevard, Westfield Knox
Ozone, Wantirna South, Victoria 3152
- Phone [\(03\) 9801 6088](tel:(03)98016088)
- Fax (03) 8677 9081
- info@headspaceknox.com.au

Key Dates 2022

3rd October – Start Term 4

**10th October – World Mental Health
Day**

1st November – Cup day

20th December – End Term 4

COMMUNITY SUPPORT SERVICES

Knox Children, Family and Community Services

Contact us

Phone

(03) 9298 8000

Address

511 Burwood Highway, Wantirna South VIC 3152.

Email

knoxcc@knox.vic.gov.au

EACH Community Health

Address: 1063 Burwood Hwy, Ferntree Gully VIC 3156

Areas served:

City of Knox and nearby areas

Hours:

Open · Closes 5PM

Phone: [1300 003 224](tel:1300003224) OR

Address: 1063 Burwood Hwy, Ferntree Gully VIC 3156

Areas served:

City of Knox and nearby areas

Hours:

Open · Closes 5PM

Phone: [1300 003 224](tel:1300003224)

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How to deal with school refusal



Every parent has trouble getting their teen out of bed and off to school every now and then. However, if your teen is regularly asking to stay home and seems upset or worried about school, it could be a sign of a bigger problem.

This could help if:

- your teenager seems upset or worried about going to school
- you want to learn how to deal with teen school refusal
- your teenager has had problems with school refusal in the past

What's going on?

School refusal is different to 'wagging' or 'jigging' because it stems from a teen's anxiety about school. They might be worried about their schoolwork, interacting with other kids, dealing with teachers, playing sports or being away from their family

Why does it matter?

- Your teen is likely to fall behind in their subjects and this can have a serious impact on their learning in the long term.
- Your teen could miss out on important social activities and may lose friends or struggle to make new friends.
- It could be against the law. All Australian school-age children are legally required to attend school everyday. Unexplained absences can cause legal problems for your family, including financial penalties. Legal requirements are different for every state and territory. Check out the [Lawstuff website](#) for more details.

Dealing with school refusal

It can be hard to cope when your child refuses to go to school. You might be feeling frustrated,

worried, confused, angry, or disappointed. Watch the video below to hear how Lucy Clarke, author of Beautiful Failures and mother of three, coped with her daughter's school refusal.

How can you help?

- **Try to speak to your child about what's been happening.** Check out our [tips for figuring out what's up with your teenager](#) for advice on how to do this.
- **Work on some ways to motivate your teen.** Check out our article on [motivating your teen for school](#) here.
- **Let the school know what's going on.** You could talk to your child's teacher, year coordinator, deputy principal or the Wellbeing staff. If the first person you contact at school isn't helpful, you can ask them to refer you to someone else.
- **Find out about the school's attendance policies and procedures.** This will help you to avoid any legal or financial penalties while you try to address the problem.
- **Cooperate with the school and your child to improve their attendance.** Working together with the school will give your teen the best chance of overcoming their anxieties about school. Focus on trying to make school a structured and predictable part of your teen's life. Some practical steps could be to ask the school to:
 - share lesson plans with you and your child
 - excuse your child from activities that make them anxious eg. reading aloud
 - let you know if there will be a substitute teacher
 - organise regular meetings with your main contact at the school.

If you feel like you've tried everything

If you've tried chatting to your teenager and their school and school refusal is still an issue, it may be time to look into flexible learning options or to seek professional help.

- Ask the school if there are any options for gradually transitioning your child back into full-time schooling. This may involve changes such as shorter school days or fewer subjects.
- Make an appointment with your GP. If there are no physical reasons for your child's school refusal, the GP may refer your child to a mental health professional such as a counsellor, psychologist or psychiatrist. A mental health professional will help your child to learn skills to deal with their anxiety about going to school.
- Look into alternative schooling options. These options are different for each state and territory but may involve homeschooling or distance education. Check out your state or territory's Education Department website for details.
- Sign up for [ReachOut Parents One-on-One Support](#) and get some personalised support. The support sessions will help you to understand your child's school refusal and assist you to create an action plan to help your teen.

Reach.com

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Dads Matter

Dad's at their best - helping children to thrive

Are you a dad who would like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Further develop your relationship with your young people?
- Get your head around what they need from you?

Come along to these 6 online sessions. Share strategies, strengths and stories. Take some time out for you and celebrate the importance of being a Dad!

When: Tuesdays (6 evening sessions)
8th November - 13th December 2022

Time: 7.00pm to 9.00pm

Where: Online - Via Zoom

Who: Dads

Cost: Free (Bookings are essential)

Bookings: [Click here to book](#)

Questions:
Julia at Parentzone
9721 3629 or 0400 866 495

PARENTZONE

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LIVING WITH AUTISM

**4 week parenting program bringing together parents living
with a child with Autism
Term 4 2022**

Are you the parent or carer of a child who has a diagnosis of autism?

This free 4-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting.

The group is free of charge but bookings are required.

If you'd like more information feel free to contact the team at ParentZone.Eastern@anglicarevic.org.au

DATES: Thursday morning
10th November - 1st December 2022

TIME: 10am - 12pm

WHERE: Online - Via Zoom

COST: Free of charge for parents in the Eastern Suburbs of Melbourne
(Bookings essential)

[CLICK HERE TO BOOK](#)



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FOR PARENTS & CARERS OF CHILDREN WITH A DISABILITY (including ASD, ADD)

PARENT PEER SUPPORT GROUPS STRENGTHENING PARENT SUPPORT PROGRAM

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups. Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Groups are free of charge and bookings are required

For information on groups, individual support, or if you'd like an information session for your community group or organisation, contact on Michelle 0438 646 744

Details for all groups listed over page.



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Talking Tweens

A Parents Building Solutions Program
For Parents of Children Aged 8 to 13 years

Do you want to:

- Improve communication with your child?
- Deal with anger and anxiety?
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development?
- Deal with conflict and improve relationships?

When: Monday afternoons (6 sessions)

Mon 10th Oct to Mon 14th Nov 2022

Time: 12:00 noon - 2:00 pm

Where: Online via Zoom. Participants will need access to a device with video and audio in order to participate

Cost: Free of charge

Registrations: [click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Come along to these 6 interactive sessions. Share strengths, challenges, and strategies to parent 8 to 13 year old.

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anglicarevic.org.au

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